

# State of the Heart

## Heart Disease in South Carolina



### Burden of Disease:

- Almost 600,000 Americans die each year from heart disease. Heart disease is a leading cause of death and disability in the United States. The most common heart disease in this country is coronary heart disease, which can lead to heart attack.
- Heart disease was the second leading cause of death in South Carolina for 2012.
- During 2012, 9,277 South Carolinians died from heart disease.
- Heart disease accounted for 52,593 hospitalizations in South Carolina during 2012, with a total hospitalization cost of more than \$2.92 billion.

### Smoking

- Cigarette smokers have a 70 percent greater chance of dying of heart disease than nonsmokers.
- One out of every four adults in South Carolina smokes.
- Smoking contributes to 25 percent of heart disease deaths each year.

### Overweight and Obesity

- Two out of every three adults in South Carolina are overweight or obese.
- Being overweight contributes to 32 percent of heart disease deaths each year.

### Sedentary Lifestyle

- Less active, less physically fit persons have a 30 to 50 percent greater risk of developing high blood pressure.
- Physical inactivity contributes to 27 percent of deaths from heart disease annually.
- Half of adults in South Carolina do not get the recommended amount of physical activity.
- Sedentary lifestyle is more common among women than men in South Carolina.

### Hypertension (High Blood Pressure)

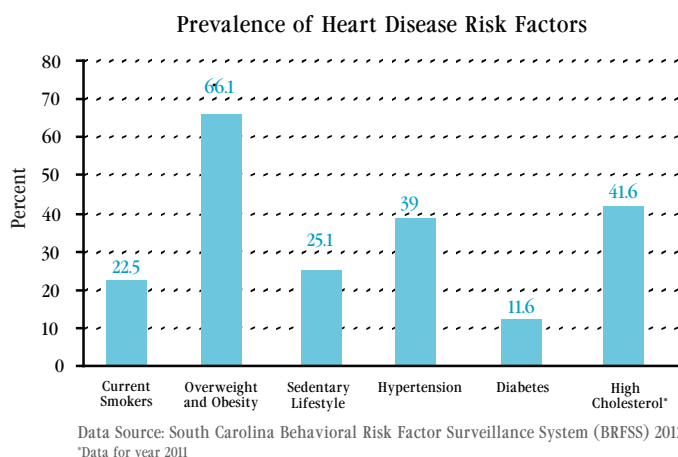
- People with hypertension (high blood pressure) have three to four times the risk of developing heart disease than those without high blood pressure.
- High blood pressure contributes to 30 percent of heart disease deaths each year.
- Nearly two out of every five adults in South Carolina have high blood pressure.

### Diabetes

- Two-thirds of people with diabetes die of heart disease or stroke.
- Diabetes contributes to 13 percent of heart disease deaths each year.
- One out of every 9 South Carolina adults has diabetes.

### High Cholesterol

- Lowering blood cholesterol results in a two-fold reduction of heart disease risk.
- High cholesterol contributes to over 4,000 deaths from heart disease in South Carolina each year.
- High cholesterol affects 42 percent of South Carolina adults.



### Risk Factors for South Carolinians:

### Estimated Economic Cost of Heart Disease in the United States in 2009\*

\$99.2 billion in direct costs (i.e., hospital, medications)

\$96 billion in indirect costs (i.e., loss in productivity/mortality)

# Stroke

## *in South Carolina*



### Burden of Disease for South Carolinians:

- Stroke is a leading cause of serious, long-term disability in the United States.
- South Carolina had the sixth highest stroke death rate in the nation in 2010 and is among a group of Southeastern states with high stroke death rates that is referred to as the “Stroke Belt.”
- Stroke was the fourth leading cause of death in South Carolina, resulting in 2,331 deaths during 2012.
- African Americans are more than 46 percent more likely to die from stroke than Caucasians in South Carolina.
- Stroke resulted in 14,827 hospitalizations in South Carolina during 2012.

### Modifiable Risk Factors for Stroke:

- High blood pressure
- Cigarette smoking
- Diabetes
- Heart disease
- Poor eating habits
- Physical inactivity.

### How to Reduce Your Risk of Stroke:

- Get your blood pressure checked.
- Stay active.
- Eat a healthy diet.
- Use less salt.
- If you drink alcohol, drink in moderation.
- Get your cholesterol level checked.
- Stay smoke-free.

### Warning Signs of Stroke:

- Sudden weakness or numbness of the face, arm or leg on one side of the body
- Loss of speech or trouble talking or understanding speech
- Sudden dimness or loss of vision, particularly in one eye
- Unexplained dizziness, unsteadiness or sudden falls, with no previous symptoms
- Sudden, severe headaches with no known cause.

### Economic Cost of Stroke:

- Hospitalization costs of stroke totaled more than \$638 million in 2012 for South Carolina.
- The total cost of stroke in the United States for 2009 was estimated at \$38.6 billion (both direct and indirect costs).\*

### For more information on cardiovascular disease prevention in South Carolina, please contact:

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of the public and the environment.*

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For more details, please view the Technical Document at [www.scdhec.gov/health/docs/EpiTechNotes.pdf](http://www.scdhec.gov/health/docs/EpiTechNotes.pdf).

\*Based on new data sources and estimation methods published in AHA Circulation Heart Disease and Stroke Statistics – 2013 Update